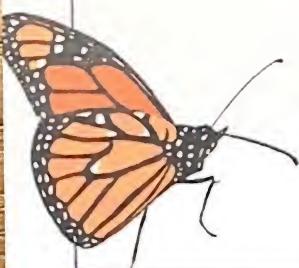


# You can help pollinators by growing **native plants!**



Native Plant <sup>+</sup>	Bloom Time	Bees	Butterflies/moths	Wasps	Hoverflies	Beetles	Hummingbirds
Pussy Willow ( <i>Salix discolor</i> )	Mar - Apr	x	*				
Columbine ( <i>Aquilegia canadensis</i> )	Mar - Jun	x					
Serviceberry ( <i>Amelanchier spp.</i> )	Apr	x	*		x		
Redbud ( <i>Cercis canadensis</i> )	Apr	x	*				
Blue wild indigo ( <i>Baptisia australis</i> )	May	x	x*				
Culver's root ( <i>Veronicastrum virginicum</i> )	May/Jun	x	x	x	x	x	x
Foxglove beardtongue ( <i>Penstemon digitalis</i> )	May/Jun	x	x		x		x
Anise hyssop ( <i>Agastache foeniculum</i> )	Jun/Jul	x	x		x	x	x
Swamp milkweed ( <i>Asclepias incarnata</i> )	Jun/Jul	x	x*	x	x	x	x
Purple coneflower ( <i>Echinacea purpurea</i> )	Jun/Jul	x	x	x	x	x	x
Canada elderberry ( <i>Sambucus canadensis</i> )	Jun/Jul	x	x	x	x	x	
New Jersey tea ( <i>Ceanothus americanus</i> )	Jun - Aug	x	x*	x	x	x	
Wild bee balm ( <i>Monarda fistulosa</i> )	Jul	x	x	x	x	x	x
Spotted joe-pye weed ( <i>Eutrochium maculatum</i> )	Jul	x	x	x			
Mountain mint ( <i>Pycnanthemum virginianum</i> )	Jul	x	x	x	x	x	
Button blazing star ( <i>Liatris aspera</i> )	Jul/Aug	x	x		x	x	
Summersweet ( <i>Clethra alnifolia</i> )	Jul/Aug	x	x	x	x	x	
Woodland sunflower ( <i>Helianthus divaricatus</i> )	Jul - Aug	x	x*	x	x	x	
White turtlehead ( <i>Chelone glabra</i> )	Jul - Aug	x	*				
Steeplebush ( <i>Spiraea tomentosa</i> )	Jul - Sep	x	x*				
Showy goldenrod ( <i>Solidago speciosa</i> )	Jul - Oct	x	x*	x	x	x	
Cardinal flower ( <i>Lobelia cardinalis</i> )	Aug	x					x
Blue vervain ( <i>Verbena hastata</i> )	Aug/Sep	x	x*	x	x	x	x
Sneezeweed ( <i>Helenium autumnale</i> )	Aug - Oct	x	x	x	x	x	
Smooth blue aster ( <i>Symphyotrichum laeve</i> )	Sep - Oct	x	x*	x	x	x	
New England aster ( <i>Symphyotrichum novae-angliae</i> )	Sep - Oct	x	x*	x	x	x	

x = adult food plant; \* = larval food plant

+ = non-native herbs like oregano, thyme, dill, and borage are okay too!



## REMEMBER, choose plants that:

1. Are native (NOT native cultivars)
2. Differ in bloom time
3. Vary in color, height, shape
4. Are not treated with systemic pesticides
5. Support pollinators throughout their lifecycle

## Where to buy in MA:

- Prairie Moon Nursery
- Garden in the Woods
- Mahoney's Garden Center



Tufts  
Pollinator Initiative